



The Pizza-in-a-Muffin Special

READY IN



45 min.

SERVINGS



1

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 large eggs lightly beaten
- 1 muffin english
- 1 tablespoon lower-sodium marinara
- 0.5 ounce part-skim mozzarella cheese shredded
- 0.5 ounce turkey pepperoni sliced

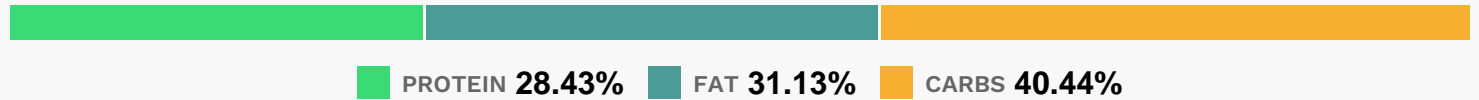
Equipment

- panini press

Directions

- Place bottom half of English muffin on bottom plate of hot sandwich maker; top with mozzarella cheese and turkey pepperoni.
- Pour egg onto egg cooking plate. Top with other muffin half. Close sandwich maker, and cook 5 minutes; remove according to instructions. Tuck marinara inside sandwich.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:18.51, Inflammation Score:-3, Nutrition Score:10.355217423452%

Nutrients (% of daily need)

Calories: 285.02kcal (14.25%), Fat: 9.72g (14.95%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 26.75g (9.73%), Sugar: 0.43g (0.47%), Cholesterol: 212.51mg (70.84%), Sodium: 1262.59mg (54.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.94%), Phosphorus: 267mg (26.7%), Selenium: 17.47µg (24.96%), Vitamin B2: 0.4mg (23.39%), Calcium: 176.97mg (17.7%), Zinc: 2.17mg (14.47%), Manganese: 0.29mg (14.34%), Folate: 53.47µg (13.37%), Iron: 2.01mg (11.18%), Vitamin B5: 1.08mg (10.83%), Vitamin B12: 0.58µg (9.73%), Magnesium: 38.08mg (9.52%), Vitamin B1: 0.13mg (8.81%), Potassium: 275.54mg (7.87%), Copper: 0.15mg (7.46%), Vitamin B6: 0.14mg (7.25%), Vitamin D: 1.04µg (6.95%), Vitamin A: 345.13IU (6.9%), Fiber: 1.65g (6.6%), Vitamin B3: 1.13mg (5.64%), Vitamin E: 0.61mg (4.07%)